What ACPA Groups Offer

*Penney Cowan:* The significant part of being involved in your recovery is being involved with your peers.

*Member 1:* Once I joined the ACPA – the support groups, the knowledge just flowed.

*Member 2:* Somebody’s always bringing something in to you know say I found this book – I read this book and you know we pass it around.

*Member 3:* Everybody who has pain can give something to somebody else. It could be just “oh, I took that and it had side effects so keep an eye out” or “oh I tried doing this and that and it worked out real well.”

*Member 4:* When I first started going through the program I just fought it. I said you know, no way it’s not gonna help, it’s not gonna work. And then after a couple weeks I started seeing the benefits of it.

*Member 3:* It’s lonely when you have chronic pain.

*Member 1:* The first time I walked into a room with people who had chronic pain what a validation that was for me. It was like Mary Ann you’re not the only person in the world that lives with this.

*Member 5:* No matter how supportive your husband is or anything and how...

*Member 6:* To tell you the truth I never would have survived all this without my pain group.

*Member 7:* It’s just this kind of reinforcement that you’re not alone; that there are other people out there going through the same thing.

*Member 2:* It’s been my lifeline at the ACPA members and having the support group.

*Member 3:* You need them.